

WHAT'S ON IN THE VILLAGE HALL

AUTUMN 2023

RS Dance Academy at Stoney Stanton Village Hall Saturdays 9 - 2 pm



Ballet, Tap, Modern and Acro taught in a relaxed and friendly environment. Contact Rebecca for a free trial and further information 07595341671.



Companionship over a Cuppa

- A community led initiative that gives those living with memory loss, their carers and loved ones a supportive social network
- Find out about support services available in your area
- Meet and share experiences of living with dementia in a friendly and relaxed environment



Forget Me Not Café

Last Friday of every month

Time: 10 am—12 noon

Where: Stoney Stanton Village Hall, Stoney Stanton, LE9 4LQ

In partnership with the Parish Council and Social Prescribing

£1 contribution for beverages



TOTAL PILATES



Ideal for beginners and people living with backpain

With over over 15 years teaching experience, Total Pilates brings you APPI physio led classes and a mix of other equipment led groups to improve your core strength.

Classes: Monday to Friday (morning & afternoon)

Locations: Elmesthorpe, Stoney Stanton & Desford

Booking essential, cost: £25 for 4 weeks

Visit: www.total-pilates.co.uk or

Contact: Emma tel 07704 034093



Your first class is FREE!

Every Wednesday

6:00pm - 7:00pm

Stoney Stanton Village Hall



Join us for a weekly yoga class to suit all levels (including complete beginners)

www.innerspacewellbeing.co.uk/yoga

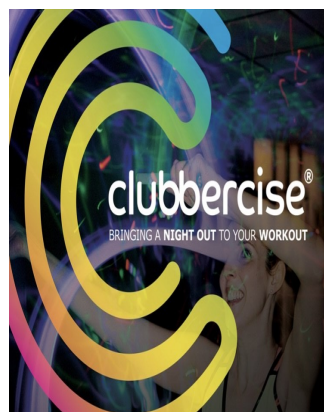
Dance Fitness Class

Call Angela Ryan
07789 763320

Music from all over the world from Latin, salsa, Pop, Jazz, 60's to modern day.

Suitable for all ages but majority is 55 plus. A very friendly group

Stoney Stanton Village Hall
Thursday 11 am, 45 minutes.



CLUBBERCISE

JOIN ME FOR WORKOUT THAT'S MORE LIKE A NIGHT OUT

MONDAYS 7.15pm

STONEY STANTON VILLAGE HALL

CONTACT

LORRAINE GEARY 07545492783

Email lgminn@aol.com

YOU + ZUMBA® = THE PERFECT FIT

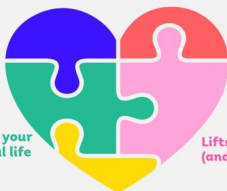
Reduces anxiety

Confidence boost

Enhances your social life

Lifts your mood (and your booty)

Gives you a break from the routine



with Jo 07921 665812

Monday 9:30 - 10:15am Stoney Stanton Village Hall

45 minutes, 4-5k steps, suitable for all abilities, if we are moving we are doing it right! If we are laughing we are burning more calories!! Zumba is the Latin-inspired, easy to follow dance fitness party. I use music and dance styles from round the world to demonstrate low to high impact moves so you can pick the level that best suits you in a fun, friendly environment. In addition to the fitness benefits, it's a great way to lift your mood. It has been my therapy for over 10 years now.

To book your space, please contact me on 07921 665812. Alternatively, you can book via GYMATCH, with class search 'Jo Coverson'. I look forward to dancing with you! Jo xx

LEGS, BUMS & TUMS COMMUNITY FITNESS CLASSES

MONDAYS 6:15PM



STONEY STANTON VILLAGE HALL

CONTACT LORRAINE FOR INFO

LGMINN@AOL.COM

PIC-COLLAGE

STEADY STEPS+

A GROUP EXERCISE PROGRAMME TO HELP DEVELOP STRENGTH AND BALANCE

1 Do you know someone 65+

2 Do you know someone who wants to be more active?

3 Do you know someone who would like to improve their balance?

4 Do you know someone who wants to improve their strength & mobility?

PRICE
£4

When: Tuesday's 11:45 – 12:45
Booking is essential
Get in touch with Active Blaby
on 0116 272 7703 or
info@activeblaby.org.uk

LET'S
GET
MOVING



Stoney Stanton Stitchers
meet every Friday
7.00-9.30pm

If you've started a new hobby of cross stitch or tapestry, would like to learn how to or just fancy some company to stitch, come along and join us.



Contact Debbie
on 07941082387

STONEY STANTON YOUTH CLUB

"Where Friendships are made"



@stantonyouthclub



8 years old - 16 year olds
Thursday night's 6pm - 8pm
Stoney Stanton Village Hall

STAY AND PLAY AT CREATIVE CHILDREN'S GROUP

Bring your pre-schoolers and babies along to our community-run playgroup. A perfect opportunity to meet local parents and carers for a chat whilst your little ones have fun playing with lots of different toys and making new friends.

Wednesday mornings from 9.30am to 11.30am

term time at Stoney Stanton Village Hall

£3.00 for the first child and £1.00 for

each extra child. Tea, coffee,
squash and biscuits included.

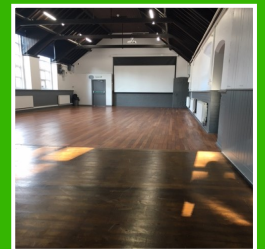
Please join our Facebook Group
"Creative Children's Group".



Stoney Stanton Village Hall

Newly refurbished throughout,
large rooms for events of all types.

- holds up to 150 people
 - main room 12m x 6.6m room + extra 5m with bifolds open
 - smaller lounge room
 - fully refurbished kitchen space
 - modern projector system, free wifi
 - perfect party/reception venue
 - folding tables and chairs included
 - great for kids parties as we allow indoor bouncy castles and slides
 - from £12.50 per hour
 - block bookings taken
- contact clerk@stoneystanton.org.uk



Perfect for that
special occasion

ONLINE BOOKING SYSTEM
<https://venuehire.scribeaccounts.com/Stoney-Stanton-Village-Hall>